



TALE OF TWO HEARTBREAKS

PISTORIUS AND STEENKAMP FAMILIES IN DESPAIR
AS DETAILS EMERGE ABOUT BLOODY CRIME SCENE

PAGE 5

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Police notice baby girl is alive after all

Pronounced dead.

Officers credited with saving newborn's life after seeing little body move under a sheet



JESSICA SMITH

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Two police officers helped save the life of a newborn on Sunday after the baby was pronounced dead, Toronto Police Service says.

A 20-year-old pregnant woman and her mother were walking to the hospital, but did not make it in time and the woman gave birth on York Gate Boulevard in the Jane and Finch area, according to police. Police

and emergency services arrived and took them to the Humber River Hospital's Finch site.

"The two officers were guarding the body awaiting the coroner and noticed the baby wasn't dead," said Staff Sgt. Ian Lamond, with 31 division.

Lamond did not know what led to the infant being pronounced dead.

"Certainly, if they hadn't have been there, noticed the child was alive and alerted the hospital staff, who knows what might have happened?" Lamond said.

Police spokeswoman Const. Wendy Drummond said it was 90 to 100 minutes after the baby was pronounced dead that the officers saw the sheet that had been placed over the infant girl was moving. The officers checked for a pulse and found

News broke on Twitter

- Deputy Chief Peter Soly. "A #Toronto woman had a baby today but it was pronounced dead. 2 #TPS cops ... saw the baby move, got a pulse + saved its life!"

one, she said. The infant is in stable condition, she added.

No one at Humber River Hospital was able to explain what led to the infant being pronounced dead when reached by phone on Sunday.

The on-call co-ordinator for the newborn floor raised concern about patient confidentiality, and said, "I didn't know police go around giving this type of information."

Church offers strength

Premier Wynne thanks a historic T.O. church for being there when was coming out in the '90s

Smile and shrug it off

Tyler Bozak says constant trade rumours are just part of being a Leaf, but he wants to stay



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GIVIN' ROCK A GOOD NAME

Jon Bon Jovi swept onstage in a Blaze of Glory and had the crowd Livin' on a Prayer at the ACC on Sunday as part of the Because We Can Tour. The ageless rockers doled out tunes from their upcoming album What About Now, due March 26th, as well as classics like You Give Love a Bad Name and It's my Life. TOM PANDI/FOR METRO

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Ask Me Anything

Hadfield answers Reddit questions from space

Canadian astronaut Chris Hadfield beamed down answers to online queries while circling Earth Sunday in the International Space Station.

Hadfield used a laptop to field questions sent up by users of the popular social media website Reddit in the "Ask Me Anything" discussion, which drew more than 2,000 queries and comments.

He said the scariest thing he's seen in space was a large meteorite burning up in front of him, which sent a "shiver" up his back as he imagined the "lump of rock" hurtling toward the station instead.

One person asked if a space mutiny was imminent. Hadfield said that would never happen because the station crew's shared scientific goals "keeps mutinies to a minimum."

Hadfield said his favourite thing to do in space is to "simply fly" from one end of the station to the other, and he often loses track of which way is "up."

And the 53-year-old astronaut waxed poetic when asked to describe his view of space outside.

"It looks like a carpet of countless tiny perfect unblinking lights in endless velvet, with the Milky Way as a glowing area of paler texture," he replied.

THE CANADIAN PRESS



Canadian astronaut Chris Hadfield waves from the ISS.

PAUL CHIASSON/THE CANADIAN PRESS

Wynne says thanks to gay-positive church

Counting her blessings.

Premier calls east-end church source of solace and strength

Premier Kathleen Wynne thanked a historic Toronto church Sunday for being a place of refuge when she was coming out in the 1990s.

"I can remember the feeling of, 'This is a place that's going to give me solace and strength,'" Wynne, whose premiership has made history, told the Metropolitan Community Church of Toronto, where the country's first gay marriages were performed.

After a standing ovation,

On being openly gay

"The moment after I made the speech I thought ... I absolutely want to win but really it doesn't matter because I've put the issue on the table." Kathleen Wynne

Wynne explained how, when she was coming out, she would sometimes "sneak" from North Toronto to the east-end church. Back when her kids were young, she and her partner Jane Rounthwaite would go to some evening services there, Wynne said, thanking the congregation for the "strength" it gave them.

"There was lots of turmoil in that coming out; it was not easy to do that. Jane had known her whole life that she was a lesbian and I had not known until I was 37," said an emotional Wynne, getting laughs when she called herself a "slow learner."

During the recent Liberal leadership race, when people started questioning whether the province was ready for its first openly gay and woman premier, she said she became determined to run. She addressed the "whisper campaign" head-on in her speech last month at the convention, where she was selected on the third ballot and added there was vindication in a poll that said most Ontarians "couldn't care less whether I'm a lesbian." **TORSTAR NEWS SERVICE**



Kathleen Wynne attending a service at Metropolitan Community Church of Toronto Sunday. **TORSTAR NEWS SERVICE**



Ice weather we're having!

Marcelo Giaccaglia with his son, Nicolas, 5, and his girlfriend, Joscelynn Poirier, do some skating together on a bitterly cold Sunday at Nathan Phillips Square. This was Nicolas' first time on skates. The weather for Family Day Monday is going to be much warmer, with a forecast high of 0 C, but there's a possibility of ice pellets later in the day. **TORSTAR NEWS SERVICE**

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Amazing Race hopeful aims to locate missing brother

Getting the message out. Audition video for Canadian version of show a platform to spread word about Hal Forrest, gone since 2005

On Feb. 28, 2005, Hal Forrest left a note for his parents that said two things: He was leaving the house to "find himself" and had ditched the family car in a Barrie bookstore parking lot with the keys inside.

Wherever he was going, the university dropout, then 24, took his computer and some clothes with him. His wallet and identification were left behind.

Now, nearly eight years and countless unsuccessful search attempts later, the quest to track down Forrest has taken an unusual twist after his older brother, Anthony, decided to try to take the search prime-time with an audition tape for upcoming reality show *The Amazing Race* Canada.

"It's that feeling that you never quite did enough," said Anthony, 37, a constable with the Barrie Police Service. "What if I had been more aggressive in the search to find him? This is an opportunity to get the message out there."

'It's been very difficult'

After Hal Forrest's disappearance, his family believed he would soon return home. But birthdays and other holidays passed with no sign of him. When it came time for brother Anthony's wedding in spring 2006, the heartbroken groom had to proceed without his younger brother.

• "It's been very difficult," said Anthony, whose two

boys, now 3 and 5, have never met their uncle.

• The brothers' father, also named Hal, began to spend his days off from his job as an RCMP officer driving around the Waterloo and Toronto areas, searching neighbourhoods and shelters for his lost son. But Forrest was nowhere to be found.

Last week, Anthony and Jonathan Waugh — a fellow police constable who agreed to partner up for the audition — uploaded their *Amazing Race* application to YouTube. While Anthony said the opportunity to race would be a thrill, he mainly hoped to get exposure for his brother's case and encourage him to contact home.

"It's not even a matter of getting on *The Amazing Race* now," he said. "It's about getting the message out."

Nobody is certain why Forrest took off back in 2005, but accounts of his behaviour in the leadup to his disappearance offer signs of trouble. While he grew up in a supportive family setting and excelled in school, Anthony said his brother's behaviour began to change shortly after

he moved to the University of Waterloo to study computer science.

After moving away from home, Forrest became heavily involved in online gambling and began to withdraw from family. Halfway through his second year, he dropped out of school due to his poor grades and was forced to return to Barrie to live with his family.

Back at home, his situation seemed to worsen.

"He was withdrawn, eating alone, playing games all the time.... He wasn't trying to get a job," said Anthony, who was living in Scotland at the time and spoke to Forrest by phone about once a month. "There was some tension in the house."

An *Amazing Race* spokesperson said she could not com-



Hal Forrest, rear, disappeared from his Barrie home in February 2005. Nearly eight years later, his brother Anthony, front, hopes to use his *Amazing Race* audition video to help find him. CONTRIBUTED

ment specifically on Anthony's application video, but the show's producer John Brunton said he had never heard of anyone applying to the show to find a missing person.

"That's a great story," he said.

Brunton said his team was currently travelling across Canada to map out the race, and added that he was over-

whelmed by the thousands of applications received since the casting call was announced last December. The application deadline is Feb. 28. **TORSTAR NEWS SERVICE**

Parents surprise Toronto skier in Austria



PHOEBE HO
toronto@metronews.ca

Ski racer Philip Brown's parents can count on their fingertips the number of times they've cheered their son on from the sidelines in the past few years.

Between Brown's dry-land training in South America over the summer, and competing in Europe and North America the rest of the time, 21-year-old Brown only spends about one month a year in Toronto with his siblings and parents, Steve and Kimberlee.

They always make the effort to watch at least one competition a year in person, but it's a rare occurrence.

"He's been raised by his coaches," Steve joked.

Up until the weekend before the Alpine Skiing World Cup in Austria, Steve and Kimberlee thought they'd be cheering on Brown at the competition the way they usually do: through phone calls, Facebook chat or text messages. That's until they got a call from Sport Chek last

Quoted

"I'm a nervous wreck.... I want him to be happy and I don't want him to be disappointed, because he works so hard to be where he's at." Kimberlee Brown, Philip's mom

Sunday, surprising them with an all-expenses-paid trip to Austria.

"It's been a whirlwind week," Steve said.

With Family Day in mind, Frederick Lecoq, VP of marketing at FGL Sports, the parent company of Sport Chek, says instead of spending money on traditional TV advertising and sponsorships, they wanted to focus more on enhancing athletes' and their families' lives. So they flew Vancouver ski racer Michael Janyk's sister and Brown's parents out to where all the action was.

It's an opportunity Steve and Kimberlee are grateful for. They may be used to Brown's



Steve and Kimberlee Brown flew out to Austria last week to cheer on their son, Philip, right, who was competing in the Alpine Skiing World Cup. COURTESY OF SPORT CHEK

busy schedule, but Kimberlee says it doesn't make it any easier.

"It's really difficult at times, and I think that it's been a journey that we started years ago," she said. "It just became part of an ongoing journey in his life as a ski racer."

Arriving in Austria last Wednesday, the pair watched Brown compete day-in, day-out, while sneaking in some family time whenever they could.

Getting to watch the sport up close has been an exhilarating experience, says Kimberlee. But every time her son's on the slopes, she gets a bit anxious.

"I'm a nervous wreck every time," she said. "I think the only reason I'm really nervous is, I want him to be happy and I don't want him to be disappointed, because he works so hard to be where he's at."

They were hit with bad news towards the end of the

week: Brown didn't make it past the qualification round. But neither of them could be prouder of their son's achievements. "We saw him at the race, and at this level he's competing against the best in the world, most of these fellows are 27, 28, 30 years of age, so he's just a young guy at an experienced game," said Steve. "He was a little disappointed with his performance, but it's part of the journey."

Pearson International

Snow storms delay flights

Travellers at Toronto Pearson International Airport were facing scores of delays and cancellations Sunday, partly due to a flight backlog from snowfall on Saturday.

More than 100 flights to and from destinations including Quebec and the eastern U.S. were cancelled or pushed back after a similar number of cancellations a day before.

Greater Toronto Airports Authority spokesman Scott Armstrong said the impact of snow at the airport Saturday, as well as a storm that was hitting northeastern states, were responsible for the scrapped or delayed flights. Meanwhile, Eastern Canada was bracing for a snowy start to the week, with winter storm warnings issued for all of New Brunswick and Prince Edward Island for overnight Sunday and Monday morning.

THE CANADIAN PRESS

Bloodied cricket bat found at Oscar Pistorius' home

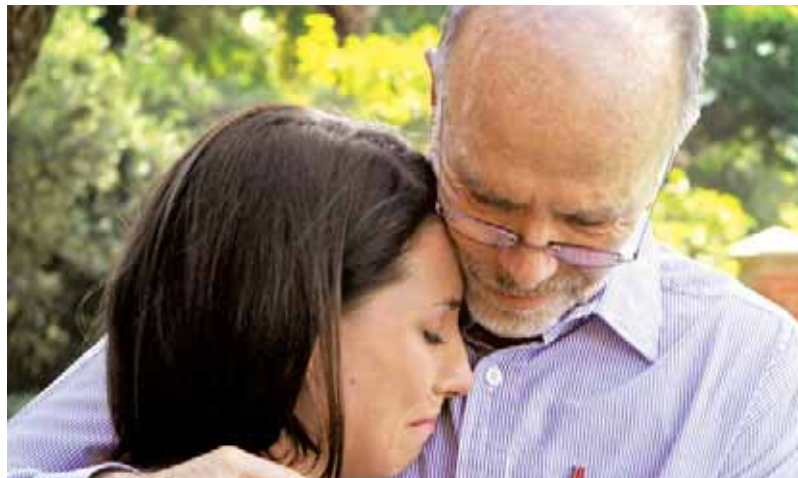
Murder case. Bat covered in blood latest piece of evidence in investigation into the murder of Reeva Steenkamp last week

A bloodied cricket bat is the latest piece of evidence in the ongoing murder investigation of Reeva Steenkamp.

South African newspaper City Press reported Sunday that local police are looking into various scenarios: that Oscar Pistorius attacked Steenkamp with the bat, that the model used the bat to defend herself against the Olympian, or that Pistorius used the bat to break down the bathroom door where Steenkamp allegedly was hiding from him.

Steenkamp's skull was "crushed" and police are doing tests on the bat and her body to determine if the bat caused the injuries to her head, City Press reported.

"There was lots of blood on the bat. Forensic tests will



Arnold Pistorius, right, uncle of Olympic athlete Oscar Pistorius, comforts his niece after making a statement to selected press in Pretoria, South Africa, on Feb. 16. DENIS FARRELL/THE ASSOCIATED PRESS

show whose blood it was," a source told City Press.

The paper also revealed police intend to test Pistorius' blood for drugs and steroids.

Pistorius' track career was put on hold indefinitely Sunday because of his murder

charge, reinforcing the possibility that the double-amputee Olympian and disabled sports icon might never run again competitively on his famous carbon-fibre blades.

Pistorius' agent was forced to cancel all future races, he

said, so Pistorius could concentrate on defending himself against allegations he murdered his model girlfriend by shooting her several times in his upscale house on Valentine's Day morning.

Reeva Steenkamp died

Timeline

Olympic athlete Oscar Pistorius was charged last week with the murder of his girlfriend Reeva Steenkamp, a model, law graduate and reality-TV contestant.

- **Shot last Thursday.** Steenkamp was found shot multiple times at Pistorius' house in the early hours of last Thursday.
- **Court last Friday.** Pistorius broke down and wept at his first court appearance on Friday after he was charged with Steenkamp's murder.
- **Another court appearance expected Tuesday.** He is expected to make a second court appearance on Tuesday for the start of his bail hearing.
- **In custody.** He remains in custody in a police station in Pretoria ahead of that hearing.

Steenkamp. Family will hold private ceremony

The family of Reeva Steenkamp said Sunday that her body had been released by police after an autopsy and was back in their hometown of Port Elizabeth on South Africa's southern coast.

"Reeva is back home," the late model's brother, Adam Steenkamp, told The Associated Press by phone. He had flown back from Britain, where he now lives, to be with the family.

They also said Steenkamp's funeral would be held Tuesday and would be a private ceremony for family at a local crematorium.

Media would not be allowed in. **THE ASSOCIATED PRESS**



Reeva Steenkamp COURTESY OF STIMULI/THE ASSOCIATED PRESS

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'Unity bill' sees much dissension

Quebec sovereignty. Mulcair finds little support from provincial NDPers and from citizens

Federal NDP Leader Tom Mulcair isn't getting much support from his provincial counterparts for his controversial approach to national unity — and a new poll may explain why.

The Canadian Press/Harris-Decima survey suggests almost three-quarters of Canadians don't buy Mulcair's assertion that a bare majority should be sufficient to trigger negotiations on Quebec secession.

Indeed, on average, respondents pegged the ideal threshold at 64 per cent.

The telephone poll was conducted as The Canadian Press was soliciting the opinions of provincial NDP leaders to the federal party's recently proposed "unity bill."

Only one — New Brunswick's Dominic Cardy — offered

unqualified support. One other — British Columbia's Adrian Dix — was openly opposed. The rest kept their distance, declining comment on what most called a federal matter.

The poll suggests the bill is not going down well with Canadians outside Quebec.

Nationally, 49 per cent were opposed to it, 35 per cent supported it. Support was highest in Quebec, at 57 per cent.

However, disagreement deepened even in Quebec when respondents were asked what would be a sufficiently clear majority to prompt talks.

Nationally, 29 per cent said the threshold should be more than 70 per cent, 23 per cent said it should be between 60 and 69 per cent and another 21 per cent wanted between 51 and 59 per cent. That's nearly three-quarters who feel the threshold should be higher than the NDP proposal.

On average, Quebecers pegged the ideal threshold at just under 60 per cent.

THE CANADIAN PRESS



For the right to say, 'Je préfère anglais'

Protesters opposing language Bill 14, which critics say promotes French by limiting the rights of English speakers, demonstrate outside the office of Quebec Premier Pauline Marois in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Quebec. Teens arrested in seniors' kidnapping

Police arrested two teens and were looking for a possible third suspect on Sunday after two seniors were kidnapped at gunpoint from their home.

A 70-year-old woman and 65-year-old man were taken Friday in Maniwaki, a town northwest of Montreal, and driven to a barn in L'Isle-aux-Allumettes, about 150 kilometres away, according to provincial police.

Sgt. Ronald McInnis said the kidnapping appears to have been motivated by theft.

McInnis said the seniors managed to get to safety early Saturday after the suspects fled in L'Isle-aux-Allumettes.

A 16-year-old Ottawa boy was arrested shortly afterward in nearby Pembroke, Ont., not far from where the stolen vehicle was left, McInnis said.

A 17-year-old boy turned himself in to police in Quebec on Sunday morning.

McInnis said it's unclear whether the gun was real or fake. THE CANADIAN PRESS

Keystone XL. Pipeline the main target at U.S. protest

Thousands gathered in the U.S. capital on Sunday to urge President Barack Obama to honour his recent climate-change vows, with the proposed Keystone XL pipeline the most popular whipping boy.

Organizers billed the rally as the biggest climate protest in U.S. history.

But despite claims that 50,000 people attended, one police officer unofficially pegged it at about 10,000.

As the latest protest started,

John Baird, Canada's foreign-affairs minister, chided Americans for lecturing Canada on reducing emissions.

"We worked with the Obama administration and harmonized vehicle emission standards," Baird said in a telephone interview from Peru.

"We're also taking concrete direct action with respect to dirty, coal-fired electricity generation. Maybe the United States could join Canada on that file." THE CANADIAN PRESS

Unity bill

The bill is intended to replace the Clarity Act, which states that a clear majority of Quebecers would have to vote Yes on a referendum.

- **Unclear.** The act does not define what is meant by a clear majority, an ambiguity Mulcair says the unity

bill is meant to clear up.

- **Solution.** The NDP bill stipulates that a bare majority of 50 per cent plus one vote would trigger negotiations, provided that the referendum was conducted well and the question was clear.

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Cleanup underway for Russian region rocked by meteor blast

Aftermath. More than 24,000 people, including volunteers, have mobilized in relief efforts: Regional governor's office

Authorities in a Russian city say more than half of the acres of windows smashed in the city by an exploding meteor's shock wave have been replaced.

Friday's explosion shattered glass in more than 4,000 buildings in Chelyabinsk and the surrounding region, leaving residents vulnerable in temperatures well below freezing.

The Chelyabinsk city administration said in a Sunday statement that nearly 60 per cent of the city's broken windows had been replaced.

Pieces of the meteor are believed to have fallen into an ice-covered lake about 80 kilometres outside the city, but no fragments have been reported found.

The fireball that streaked

into the sky over this tough industrial city at about sunrise Friday was undeniably traumatic. Nearly 1,200 people were reported injured by the shock wave from the explosion, estimated to be as strong as 20 Hiroshima atomic bombs.

But it also brought a sense of co-operation in a troubled region. Large numbers of volunteers came forward to help fix the damage caused by the explosion and many residents came together on the Internet — first to find out what happened and soon to make jokes.

Chelyabinsk, nicknamed Tankograd because it produced the famed Soviet T-34 tanks, can be as grim as its backbone heavy industries. Long winters where temperatures routinely hit -30 C add to a general dour mood, as do worries about dangerous facilities in the surrounding region.

In 1957, a waste tank at the Mayak nuclear weapons plant in the Chelyabinsk region exploded, contaminating 23,000 square kilometres and prompting authorities to evacuate 10,000 nearby residents.

THE ASSOCIATED PRESS



A local resident repairs a window broken by a shock wave from a meteor explosion in Chelyabinsk, about 1,500 kilometres east of Moscow. A meteor blazed across the western Siberian sky Friday and exploded with the force of 20 atomic bombs, injuring more than 1,000 people as it blasted out windows, and frightening countless more in a city of one million. BORIS KAULIN/THE ASSOCIATED PRESS

French, Malian forces take control of jihadist stronghold



Locals welcome French soldiers with a French flag in Bourem, northern Mali, Sunday. PASCAL GUYOT/POOL/THE ASSOCIATED PRESS

Hundreds of French and Malian soldiers have retaken the jihadist stronghold of Bourem, a town where many radical Islamic fighters were believed to have fled, officials and witnesses said Sunday.

Militants launched two suicide attacks last week on a checkpoint leading into Gao on the road from Bourem, raising fears of a protracted insurgency in northern Mali after French and Malian forces initially dislodged them from Gao without much resistance.

About 1,000 forces from

France, Mali and other African countries are now in the town of Bourem, according to a French military official who spoke on condition of anonymity because he wasn't permitted to speak to press.

The joint military operation was launched Saturday afternoon as part of the ongoing effort to secure Gao, where the radical militants invaded one week ago and exchanged gunfire with Malian forces for hours.

"As the general has said, the jihads are always close," the of-

ficial said.

While Gao has been restored to relative peace in recent days, officials say the ousted fighters are just on the other side of the Niger River, from which they launched last week's assault when they arrived in wooden boats.

Witnesses in Bourem on Sunday described a column of French armoured personnel carriers lining the streets. Some 50 trucks from the French military along with about a dozen Malian vehicles could be seen.

THE ASSOCIATED PRESS

Background

Bourem is located only 95 kilometres away from Gao, where the radical Islamists ruled for nearly 10 months by imposing their strict interpretation of Islamic law known as Shariah.

- They carried out a dozen amputations for alleged crimes, and also whipped women for going out in public without veils.

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Zzzzzzzzz. Canadians are getting bored of seeing ads for Economic Action Plan

Canadians may be growing weary of — even hostile to — all those Economic Action Plan ads the Harper government has been pumping out for the last four years.

Eight polls the Finance Department commissioned between 2009 and 2012 suggest the TV, radio, print and Internet ads are starting to fizzle — and annoying some people.

The most-recently released survey has respondents calling the material “propaganda” and a “waste of money,” while fewer people than ever are taking any action after viewing the ads.

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The eight surveys about the ads were commissioned from four polling firms and cost the government almost \$300,000. They asked the same core questions of random samples of 1,000 people.

meanwhile, continues to air the ads, with the latest TV campaign kicking off Monday and running to April 30.

Under federal policy, departments must conduct surveys after ad campaigns to ensure taxpayer dollars are well spent.

THE CANADIAN PRESS

SEC. U.S. regulators allege insider trading took place ahead of Heinz acquisition

U.S. federal regulators have alleged that a brokerage account in Switzerland was used for illegal insider trading ahead of the H.J. Heinz acquisition.

The Securities and Exchange Commission obtained a court order Friday to freeze the account and prevent the assets from being moved.

The account was used for trades placed Wednesday that netted \$1.7 million US after the deal was announced. The SEC says it doesn't know the iden-

tity of the traders but said they “took risky bets” that Heinz's stock price would increase.

On Thursday, Warren Buffett's Berkshire Hathaway and the Brazilian firm 3G announced they agreed to buy Heinz. Heinz's stock rose nearly 20 per cent after the announcement.

The SEC is alleging that the traders must have known in advance about the pending transaction based on inside information. THE ASSOCIATED PRESS

Auto safety

BMW recalls 570K cars over battery cable connectors

BMW is recalling almost 570,000 cars in the U.S. and Canada because a battery cable connector can fail and cause the engines to stall.

The recall affects the

popular 3-Series sedans, wagons, convertibles and coupes from the 2007 through 2011 model years. Also included are 1-Series coupes and convertibles from 2008 through 2012, and the Z4 sports car from 2009 through 2011.

BMW says it knows of one minor collision in Canada due to the problem, but no injuries.

THE ASSOCIATED PRESS

Is your ship seaworthy? Good luck finding out

Consumer oversight.

There's no easy way for cruise passengers to research a vessel's health and safety record

A byzantine maze of maritime rules and regulations, fragmented oversight and a patchwork quilt of nations that do business with cruise lines make it tough for consumers to assess the health-and-safety record of the ship they are about to board in what for many is the vacation of a lifetime.

Want to know about a ship's track record for being clean? Want to assess how sanitary the food is? It's not that easy to do, in part because there's no one entity or country that oversees or regulates the industry with its fleet of ships that are like mini cities floating at sea.

In the case of Carnival Cruise Lines, the owner of the Carnival Triumph that spent days in the Gulf of Mexico disabled after an engine fire, the company is incorporated in Panama, its offices are based in Miami and its ships fly under the Bahamian flag — a matrix that is not unusual in the cruise-line industry.

For potential passengers seeking ship information, there's no central database that can be viewed to determine a track record of safety or health inspections. No one agency regulates everything from the cruise line's mechanical worthiness to the sanitation of its kitchens.

The U.S. Coast Guard inspects each cruise ship that docks in the U.S. every year for a range of issues, from operation of backup generators to the lifeboats.

The U.S. Centers for Disease Control and Prevention



A passenger from the stricken cruise ship Carnival Triumph displays a message inked on his T-shirt as he rides a bus away from the cruise terminal in Mobile, Ala.

THE ASSOCIATED PRESS

Onboard fires

- Fires happen almost every year on cruise ships, though they're not all as major as the engine-room blaze that took place on the Triumph.
- There were 79 onboard fires from 1990 to 2011, according to a list compiled by Ross Klein, a professor who specializes in cruise industry issues at Memorial University in St. John's, N.L.



This photo provided by passenger Don Hoggatt shows the tent city built on the Lido deck of the Carnival Triumph. People stayed in the tents to escape the stench on the lower decks of the disabled ship. The Triumph arrived late Thursday in Mobile, Ala., after an engine-room fire rendered the ship powerless in the Gulf of Mexico. DON HOGGATT/THE ASSOCIATED PRESS

maintains a database of recent disease outbreaks and other health-inspection information for cruise ships. Had Triumph vacationers looked up information about the cruise ship through those two agencies before boarding, they would have found mostly clean marks and few red flags.

And when something goes wrong, as it did on Triumph, there are limits to how much the coast guard can investi-

gate. These are not new issues — they had been raised by members of Congress before the Triumph incident.

“This horrible situation involving the Carnival Triumph is just the latest example in a long string of serious and troubling incidents involving cruise ships,” said Sen. Jay Rockefeller, who led a committee hearing on cruise safety last year.

The Triumph left Galveston, Texas, on Feb. 7 for a

four-day cruise to Cozumel, Mexico. An engine-room fire paralyzed the ship early Sunday, Feb. 10, leaving it adrift in the Gulf of Mexico.

Passengers described nightmarish conditions on board, including overflowing toilets, long lines for a short supply of food, foul odours, and tent cities where vacationers slept on deck. Tugboats slowly towed the 14-storey vessel to Mobile, Ala. It arrived there late Thursday, Feb. 14. THE ASSOCIATED PRESS

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LET VOTERS DECIDE WHEN A POLITICIAN'S TIME IS UP



**URBAN
COMPASS**
Matt Elliott
toronto@metronews.ca

There's no doubt that Coun. Mary-Margaret McMahon has got her heart in the right place with her motion to look at imposing term limits on the mayor and members of Toronto city council. One of the frustrations that comes with watching city hall is that some politicians have simply been hanging around too long — with stale ideas and no real ambition to tackle tough issues. And yet they continue to seek re-election.

But I don't have to look too far to find reason to question whether term limits are the right solution.

Take, for example, the Regent Park Aquatic Centre, a beautiful new building located just a few blocks north of my house. Opened only a few months ago, it's an incredible addition to the neighbourhood.

Experience is the key

Sometimes it's only through the institutional memory and procedural savvy brought to bear by some of council's veterans that important projects go forward.

But here's the thing: That facility, believe it or not, took 18 years to go from concept to construction. Had Coun. Pam McConnell — a city hall veteran — not been in office to guide the process throughout, there's no guarantee that the project wouldn't have been lost in the waves of political change.

There are other examples. Coun. Adam Vaughan, nearing the end of his second term, is finally starting to see results of a consistent, long-term push to integrate affordable units into condo projects. But the work isn't anywhere near complete. Were he to be ousted due to term limits, who knows if his successor would pick up the same torch.

Or how about Coun. Frances Nunziata, who has worked tirelessly since her days as the mayor of York to bring a community centre to her constituents. After a couple of decades of budget wrangling and false starts, the city finally broke ground on the project in December.

Rightly or wrongly, the reality of local government is that bureaucracy is complicated, money is always tight, and things often move at a brutally slow pace. Sometimes it's only through the institutional memory and procedural savvy brought to bear by some of council's veterans that important projects go forward.

For better or worse, that's just the way city hall works.

But even with term limits off the table, there are still things that can be done to increase turnover a bit and keep things fresh. I'd start by looking at how campaigns are financed. Right now, incumbents are dealt a huge implicit advantage in terms of their ability to raise funds during election season. That has to change.

Then there's the first-past-the-post electoral system, which creates split-vote scenarios and discourages like-minded candidates from entering close races. A ranked ballot system could make things more fair.

Either way, the important thing is that good elected officials aren't forced out by some arbitrary limit. It's better to let people — not policy — decide when a politician's time is up.



Coun. Adam Vaughan shakes hands with THCH tenants at city hall. His progress with affordable housing wouldn't be possible without the experience under his belt. ANDREW WALLACE/TORSTAR NEWS SERVICE

Let me sleep on it



LEE JIN-MAN/THE ASSOCIATED PRESS

Mass marriage

It's a nice day for 3,500 weddings

A couple takes a nap before their mass wedding ceremony in South Korea on Sunday.

Some 3,500 South Korean and foreign couples exchanged or reaffirmed marriage vows in the Unification Church's mass wedding arranged by Hak Ja Han Moon, a wife of the late Rev. Sun Myung Moon, the controversial founder of the Unification Church.

THE ASSOCIATED PRESS

I vow to dress the same

Critics slam tradition for its cult underpinnings

The identically dressed couples — many of mixed nationality who had met just days before — took part in the ceremony.

Mass weddings, some held in giant sports stadiums with tens of thousands of couples, have long been a signature feature of the church and one that "Moonie" critics have pointed to as evidence of cult underpinnings. It was the first mass wedding since Moon's death.

THE ASSOCIATED PRESS

I don't know you

- The church's mass weddings began in the early 1960s. At first, they involved just a few dozen couples but the numbers mushroomed over the years.

- In 1997, 30,000 couples tied the knot in Washington, and two years later around 21,000 filled the Olympic Stadium in Seoul.

- Nearly all were personally matched by Moon, who taught that romantic love

led to sexual promiscuity, mismatched couples and dysfunctional societies.

- Moon's preference for cross-cultural, international marriages meant that they often shared no common language.

- In recent years, match-making responsibilities have shifted towards parents, but 400 of the church members married on Sunday had chosen to be paired off a few days before at an "engagement ceremony" presided over by Moon's widow.

Study says

Hummingbirds returning home earlier every year

Ruby-throated hummingbirds are arriving in North America each spring several weeks earlier than in the past, and research indicates that higher temperatures in their winter habitat may be the reason.

Scientists at Clemson University in South Carolina, Taylor University in Indiana and the University of Nebraska

have compared recent data showing the birds' first arrival times with information going back to the late 1800s.

The findings show the birds are arriving from their wintering grounds in Central America 12 to 18 days earlier than in the past.

The scientists say that though warmer weather in Central America may be forcing the birds to fly north earlier, the food they need when they arrive may not be available yet.

THE ASSOCIATED PRESS

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#ARelationshipLastsLongerWhen Facebook doesn't know about them.

<http://t.co/16txEPZU>

@IreneKass: ● ● ● ● ●
What does a single girl with no kids do on family day? Shopping and a massage. AND changing #FamilyDay to be called #MeDay

@GillyGoode: ● ● ● ● ●
Concert with my gays at the Delta. Great way to spend a long weekend! #familyday #toronto

@jess_emma: ● ● ● ● ●
Boxing Day levels of lethargy at Mom and Dad's #FamilyDay

@KayNoWay: ● ● ● ● ●
Harlem Shake is back in style? I have the sickest shake from back when BowWow use to kill it!!!

@Luhmeorhateme : ● ● ● ● ●
Im jus tryna get a ton of ppl in my harlem shake vid Lol!!!



The Deftones enjoy transcending genres: 'We could play Lilith Fair if we had a girl in the band,' says Chino Moreno, centre. 13THWITNESS

Love at first sound: Deftones find romance in their music

Seventh album. 'We still have a lot of energy and it's not like mad energy where we need to vent,' says frontman Chino Moreno

LINDA LABAN
scene@metronews.ca

Crunchy-punchy guitars? Check. Pummelling rhythms? Check. The Deftones' fall-released seventh album is heavy. ... Check. This makes

its ethereal, romantic title, Koi No Yokan, a little perplexing.

"There's no English translation for it, which is why we picked it," says Deftones frontman Chino Moreno. "But it roughly translates as a premonition of love, or seeing somebody for the first time and knowing that you're going to fall in love with this person. It's sort of like love at first sight, but a bit different. It's a beautiful sentiment that describes something kinda neat."

The album is not, however, a bunch of love songs. Just as the Deftones go beyond heavy

with their arty metal-rap-electronic hybrid, the Los Angeles quintet went tangential with the phrase and found Koi No Yokan in the studio.

"Music gives you these feelings as well. You feel passionate about it. It's also a very optimistic thing. We feel optimistic. The music isn't coming from a distraught place. We aren't making music as therapy; we know what to do with our emotions," the chatty Moreno tells Metro. "It's music coming from a positive place instead of needing it for therapy. We still have a lot of energy and it's not like mad energy where

Transcending genres

Metal, rap, whatever

Moreno loves transcending genres: "I think we could play Lilith Fair if we had a girl in the band!" he jokes. "I'm proud of that. It's rad that we're able to do different kinds of shows with different types of music fans. That's an honour. It keeps it open. There are not so many walls around us."

we need to vent. We're happy that we're here and have each other and have the opportunity to make music."

It's that transcendental bent that has surely helped the band deal with the tragic accident four years ago that

left bassist Chi Cheng in a coma.

"There's a lot of uncertainty, of course, but Chi is alive, so there is optimism," Moreno says. "So we deal with it that way rather than let it control us."

Making Dad proud with Night Visions

Dan Reynolds, singer for Imagine Dragons, quotes some decidedly odd influences. Odd because the band's debut, *Night Visions*, is packed with emotional and confessional lyrics, catchy hooks and anthemic choruses that suggest a diet of Muse and Coldplay.

But he says it goes a bit further back, to two other groups from England.

"We all grew up listening to the Beatles and the Rolling Stones and studied their work," confirms Reynolds. The Las Vegas native is speaking from London during a promo jaunt.

"I don't know where it comes from, really," he con-

tinues. "We wrote 150 demos for this album and narrowed it down to 100, then down to 50, and then down to 20. We really wanted the album to be a cohesive body of work. We wanted each song to flow into the next with a general theme. I can't say why it's hooky. Maybe we like hooky music."

Perhaps the post-emo thrust of *Night Visions* is the result of condensing pent-up emotions and three years of writing into one record. Maybe, for Reynolds, it goes back even further.

"I've always written," he says. "It was always a bit of a diary, a journal for me. I

would never show anyone the songs but my dad. I always wanted to see what he thought. My dad was one of my biggest influences, growing up; the music he liked, whether it was Paul Simon, Billy Joel or the Beach Boys. I always wanted to impress my dad."

So, did Reynolds Sr. approve?

"Always," says the younger Reynolds. "He is just the biggest fan. That, to me, is everything. I've always written for myself, but, growing up, there was nothing that made me happier than when my dad was proud of something I did." LINDA LABAN/FOR METRO



Reynolds, second from left, says Imagine Dragons paid their dues on the Vegas strip. REID ROLLS

2 SCENE

Berlin Film Festival

Film about lesbian lovers in Quebec gets a Silver Bear

Canadian Denis Côté's French-language feature *Vic and Flo Saw a Bear* picked up an Alfred Bauer Silver Bear for innovation on Saturday at the Berlin Film Festival.

The Quebec filmmaker's work won out over those of many renowned directors including Steven Soderbergh,

Bruno Dumont and Gus Van Sant.

The film is about two lesbian lovers who settle in Quebec after one of them is released from prison.

Côté compares it to a good pizza with multiple ingredients, which makes it juicy, and praised lead actress Pierrette Robitaille.

A Romanian drama that centres on a woman's effort to cover up her son's responsibility for an accident in which a boy is fatally injured won the top Golden Bear award. **THE ASSOCIATED PRESS**



A scene from the Oscar-nominated documentary *How to Survive a Plague*, which chronicles AIDS activism in the 1980s and early '90s. **THE ASSOCIATED PRESS**

Power to the people

Cameras and Plague.

Oscar-nominated docs capture moments in history recorded by ordinary citizens

Investigative art

AJ Schnack, founder of the Cinema Eye Honors for non-fiction filmmaking, where both of these movies were recent winners, views the approach these films take as an extension of the kind of long-form investigative journalism that television networks don't do as much of anymore.

The Oscar-nominated features *5 Broken Cameras* and *How to Survive a Plague* represent documentaries in the truest, purest form of the word: they capture a spark, a moment in history, and they make us feel as if we were there, too.

Both films were shot by regular people who happened to be witnessing an uprising. They're by amateur photographers who had the foresight to record everything from the mundane moments of their daily lives to scenes of violence, upheaval, death and eventually some sort of victory.

5 Broken Cameras is a collaboration between Palestinian farmer Emad Burnat and Israeli director Guy Davidi featuring years of footage Burnat shot in his occupied village of Bil'in. Each of the five cameras was destroyed in the midst of protests or gunfire; one still has a bullet lodged in the lens.

Plague is a collection of archival footage from the late 1980s and early '90s, as members of the New York-based AIDS Coalition to Unleash Power (ACT UP) fought to find a cure for the disease as it quickly spread and claimed millions of lives. Director David France, was in the middle of many of these boisterous planning meetings and theatrical demonstrations.

Burnat of *5 Broken Cameras* said he felt it was his responsibility to depict the fight for territory through his own eyes.

He watched his brothers get arrested and friends get shot by Israeli military, even though he knew it was dangerous to ven-

ture into it all with his camera.

"My goal is to show the world and to spread the film and to change people, to change the situation. So this was important for me."

Burnat sought out Davidi, who shaped the film and wrote the narration, because he knew him as an Israeli peace activist. Together, the two aimed to craft a documentary with no political slant or judgment.

Davidi spent a year and a half editing from 900 hours of footage that Burnat and a few others had shot before bringing in French editor Veronique Lagoarde-Segot to help fine-tune the narrative.

The people whose video appears in *How to Survive a Plague* similarly wanted to share their story with the world. France said the photographers had a number of motivations, from filling in the gaps of traditional media reporting to documenting when police were excessively rough during demonstrations to capturing quiet moments with loved ones before they died.

"It was a true witness-bearing," said France, who spent two years cutting the film. "You also see in those scenes how comfortable people were on camera because the cameras were always present, which was only made possible by a true revolution in home video."

THE ASSOCIATED PRESS

dollhouse

Who was she? What is she?

New Series Premieres
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From
Joss Whedon
the mastermind
behind
The Avengers
and **Buffy**

\$25M debut. Willis' New Die Hard lives up to its name at the box office

Bruce Willis' action sequel *A Good Day to Die Hard* debuted as the weekend's top draw with a \$25 million debut from Friday to Sunday. The 20th Century Fox release raised its domestic total to \$33.2 million since opening Thursday for Valentine's Day to get a jump on the long President's Day weekend.

The previous weekend's No. 1 movie,

Universal's comedy *Identity Thief*, ran a close second with \$23.4 million to lift its haul to \$70.7 million.

Debuting at No. 3 with \$21.4 million was Relativity Media's romance *Safe Haven*, starring Julianne Hough and Josh Duhamel in an adaptation of the Nicholas Sparks novel.

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Fourth time around for Rudolph

While the future of her sitcom, *Up All Night*, is up in the air, Maya Rudolph at least knows she'll have more work at home soon enough. The Bridesmaids star is reportedly expecting her fourth child with husband Paul Thomas Anderson, according to the Hollywood Reporter. Rudolph has reportedly already informed her NBC bosses that she is expecting, though both she and the network declined to comment. Rudolph and Anderson are also parents to daughters Pearl, 7, and Lucille, 3, and son Jack, 19 months.



Maya Rudolph

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Katy Perry ALL PHOTOS GETTY IMAGES

Perry and Mayer ready to take the next step?

Katy Perry's jewelry choices are sending some interesting signals about the status of her relationship with John Mayer, as the Firework singer stepped out on Valentine's Day with an impressive heart-shaped ruby ring on her engage-

ment finger, leading many gossip sites to wonder if there was some news coming soon about Mayer popping the question, according to E! News. Perry's rep had no comment on the fashion choice, but Perry and Mayer did have quite the romantic Valentine's Day, sharing a meal before taking in a movie together. For Mayer's part, he definitely seems particularly smitten with Perry. "I don't feel like I'm in a celebrity relationship," he said in a recent CBS *This Morning* interview. "I know it's high-profile. It's hard to explain." And as for whether he plans to get married at some point, Mayer said, "Of course. I mean, I'm still the kid from Connecticut. That's what you do."

Pop goes the week

Kate Upton's frostbite hotter than a James Bond meet-up

STARGAZING
Malene Arpe
scene@metronews.ca

Mila Kunis, who is dating Ashton Kutcher, tells a magazine she loves being single. "Yeah well," says Ashton. "I love meatloaf. And socks. And, and ... you snore. So there."

Pierce Brosnan suggests he isn't in any way interested in attending some possible Bond star get-together at the Oscars. "Hey! I'm free," says the Pope.

This week in over-achieving children. 1) Brangelina's four-year-old, Vivienne, earned \$3,000 a week for starring in *Maleficent*. 2) Alyssa Milano claims her son started talking at four months. 3) Beyoncé says her one-year-old daughter is her "best friend." 4) Julianna Margulies says that her five-year-old son gets very upset if he doesn't get seven new books from the library every week. 5) Your perma-snotty toddler just threw up in your hair.

H&M confirms that David Beckham used a butt-double



You can try to hide all you want David Beckham. We know you used a butt double for your H&M commercial.

for his recent underwear commercial. Is nothing real? Are we living in an evil MATRIX made of BUTT LIES? Why is EVERYTHING a dirty, dirty scam of tears? THIS IS WHY WE CAN'T HAVE NICE THINGS!

Kate Upton gets frostbite while posing for the Sports Illustrated cover photo shoot in Antarctica; the pitchman for The Heart Attack Grill in Vegas dies of a heart attack; and some person from Buckwild gets arrested over possession of "a large quantity of Oxycodone." Yes! That's right! It's time to play Least Surprising Thing Ever!

Carrie Underwood says she's not feuding with Taylor Swift and Jessica Chastain denies feuding with Jennifer Lawrence. However, Carrie can't stand that hard-ridden Jennifer and if Jessica ever sees Taylor Swift again she'll give her something to sing about.

Kristen Bell: Dog pee does not turn me on

Kristen Bell is disputing a *Star* magazine story that claims the pregnant *House of Lies* star and fiancé Dax Shepard were "getting frisky" during a visit to a West Hollywood veterinar-

ian's office. "This is gross," Bell explains on her *WhoSay* page. "Obviously this never happened, and if I ever was turned on around the smell of dog piss, I certainly wouldn't apologize for it."

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Survey

More than 70 per cent of pet owners put furry fam members in will

A recent survey conducted by the "pet parenting" website Pet360 found that more than 70 per cent of pet owners provide for their "furry family members" in their last will

and testament.

The study looked at just how far pet owners are willing to go to spoil their four-legged pals.

Unsurprisingly, 99.4 per cent of respondents said they consider their pets to be part of their family. More than 99 per cent of the survey-takers' pets share a bed with a human family mem-

ber. And 99.4 per cent sing or talk to their pets.

Three in four people said they would rather be stranded on a desert island with their pets than with a human companion, and 42.5 per cent said they wouldn't go on vacation if they couldn't bring their pet along.

Seventy-five per cent

of those who took the survey said they celebrate their pet's birthday or adoption day. Three in four respondents have shared an ice cream cone or Popsicle with their pet.

Nine in 10 of survey respondents "wouldn't bat an eye" at spending \$100 on a cat or dog bed, while a handful said they'd spend \$1,000 on a diamond-studded collar.

ALEX WIGGLESWORTH, METRO WORLD NEWS



Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Toys

Tamagotchi returns as app

Tamagotchi is re-hatching as an app. Bandai America Inc. and Sync Beatz Entertainment are hoping to revive the electronic pet craze of the 1990s with a new mobile app launching for Android devices. The app duplicates the egg-shaped plastic toy that became a must-own sensation.

Sync Beatz, which has licensed Tamagotchi from Bandai, is calling the app Tamagotchi L.i.f.e. — with L.i.f.e. standing for "love is fun everywhere." Much like the original, the app tasks users with taking care of a virtual pet. If a Tamagotchi is neglected, it dies.

"The idea was to base the gameplay on the original Tamagotchi that everyone knows and loves," said Shin Ueno, chief marketing officer at Sync Beatz. "As we move along, every two months, we'll refresh the app." THE ASSOCIATED PRESS



The mobile app Tamagotchi L.i.f.e. AP PHOTO/RICHARD VOGEL

Height of customization just for your new arrival

Nursery. Picking out the perfect art or decorations can be a daunting task. A unique site helps expecting parents

CHRISTINA WALLACE

Metro World News in Boston

Parents looking to create a unique nest for their babies are turning in droves to the countless shops on Etsy that focus on custom nursery decor and artwork.

"I had looked previously on other traditional sites, but I liked the idea of getting something that was a bit less mainstream," says Traci Tasso, a New York mom who purchased art on Etsy for her daughter's nursery.

The crafting website has been around for about seven years, but lately more specialists on the site are churning out crafts for little ones.

From quilts to baby bumpers, Etsy is chock full of items that can be customized by gender, theme and colour scheme frequently

at a much lower price than from a local boutique.

Moms and dads can best their neighbours' nurseries by having crib skirts monogrammed, artwork created to reflect their boy's favourite baseball teams and canvases painted to perfectly match bedding.

"It's the height of customization because you can get pretty much anything you want," says Jen Snyder, a Michigan mom who sells digital prints at Area Fare Kids on Etsy.

The conversation element of Etsy allows artists and buyers to message back and forth and customize orders. Many of the artists are moms-turned-artists who garner inspiration from their own little ones.

"I couldn't find anything that I loved in the stores, and since I have always enjoyed drawing and painting I decided to create something for above (my son's) crib," says Stephanie Brandt of Philadelphia, whose store on Etsy is called Just Bunch.

"I had enjoyed making the artwork so much, and had received so many compliments on it, that I decided to create designs and put them for sale."



Looking for something less mainstream for the nursery? Try Etsy. ISTOCK

Don't get sick of the mountains



Mountain sickness can occur at altitudes of 6,500 feet above sea level. ISTOCK



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

If you're taking a ski or snowboard vacation in Alberta or British Columbia, prepare yourself for altitude sickness or mountain sickness, which can be very uncomfortable, and in some cases dangerous.

It generally occurs at altitudes of 6,500 feet above sea level and over.

The air up there can be 40 to 50 per cent thinner, resulting in less oxygen to breathe, leading to

headaches, insomnia, vivid dreams and dry throats.

Children can be especially susceptible to mountain sickness.

It's a good idea to check with your family doctor before taking a high altitude trip, as there can be real medical concerns to take into account (like asthma, lung issues and heart conditions).

In order to prevent or control some of the symptoms, make sure to drink two to three times the usual amount of water daily, limit your alcohol intake, allow extra time for walking and

hiking and use a humidifier in your hotel or bedroom.

If possible, slowly acclimatize to the new altitude. If heading to the 11,000 plus feet above sea level ski resorts of Vail, Beaver Creek, Aspen and Breckenridge, consider flying into Denver and staying overnight first.

In Canada, Banff has the highest skiing, at about 9,000 feet above sea level. Stopping in Calgary overnight first could help. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @ KATHYBUCKWORTH.

3
LIFE

Good things come in small

Creamy Egg & Salmon Pouches



This recipe makes 24 pouches. EGG FARMERS OF ONTARIO

Each little pouch is stuffed with delicately flavoured eggs and smoked salmon, making a perfect bite-sized morsel.

You can make the pouches, cover them with plastic wrap and refrigerate for up to four hours. Uncover and bake them while your guests arrive to serve warm, fresh and crisp.

1. In a non-stick skillet, melt butter over medium heat and cook shallot for 2 minutes or until softened and starting to brown.

2. In a bowl, beat eggs. Pour into skillet and cook, stirring gently, forming large curds from the outside edge of pan into the centre. Stir in cream cheese until melted. Remove from heat and stir in smoked salmon and chopped chives; set aside to cool.

3. Meanwhile, place one sheet of phyllo on work surface; brush with butter. Top with second sheet; brush with butter. Top with third sheet and brush with butter. Cut into 12 squares. Place 1

tbsp (15 ml) of the filling in centre of each square. Bring up corners, pinching above filling to secure, twisting slightly to seal. Repeat with remaining phyllo and filling to make another 12 pouches.

4. Place pouches in single layer on a parchment paper lined baking sheet. Bake in 400 F (200 C) oven for about 10 minutes or until golden. Let cool slightly before serving. **EGG FARMERS OF ONTARIO**

Ingredients

Prep time: 5 minutes
Cook time: 15 minutes

- 1 tbsp (15 ml) butter
- 1 small shallot, minced
- 4 eggs
- 1/4 cup (60 ml) herb and garlic cream cheese
- 2 oz (60 g) smoked salmon, finely chopped
- 1 tbsp (15 ml) chopped fresh chives (optional)
- 6 sheets phyllo pastry
- 1/3 cup (75 ml) butter, melted

Healthy eating

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What's a steak dinner without dessert? The Keg has sweet endings, but some will cost you more in calories and fat than others.

The Keg chocolate cake with ice cream

1,059 calories / 59 g fat

Layered chocolate cake with creamy frosting and ice cream gives you three quarters of your daily calories and fat for the day! Excess butter, cream, sugar and chocolate are the culprits.



Equivalent

One chocolate cake with ice cream from the Keg is equivalent in fat to three and a half eight-oz grilled top sirloin steaks.



The Keg Billy Miner pie

573 calories / 31 g fat

The combination of mocha ice cream, chocolate crust, hot fudge, caramel and almonds offers half the calories and fat of the cake and ice cream. And it's delicious!



Blueberry mincemeat meets tart

Ingredients

- 300 ml (1 1/4 cups) each sultana and golden raisins
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) mixed candied citrus peel
- 125 ml (1/2 cup) brown sugar
- 125 ml (1/2 cup) margarine
- 5 ml (1 tsp) grated lemon rind (yellow part only)
- 30 ml (2 tbsp) brandy
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground cloves
- 2 ml (1/2 tsp) ground ginger
- 2 ml (1/2 tsp) ground nutmeg
- 1 l (4 cups) blueberries

1. In mixing bowl, combine all ingredients except blueberries.

2. Stir in blueberries and let mixture sit overnight in the refrigerator to let flavours combine and raisins to plump.

3. To use, spoon mixture into purchased or homemade tart

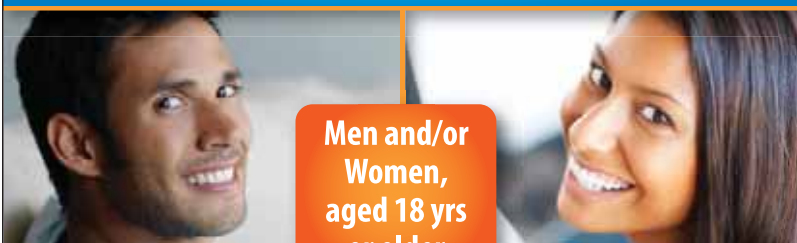


Makes about 1.75 l (7 cups) of mincemeat mixture. THE CANADIAN PRESS H/O

or pie shells, filling two-thirds full. If desired, decorate with extra pieces of pastry cut into shapes. Bake in the bottom third of a 190 C (375 F) oven for

15 to 20 minutes or until pastry is lightly browned (a single-crust pie will take at least 10 minutes longer). **THE CANADIAN PRESS/ BC BLUEBERRIES**

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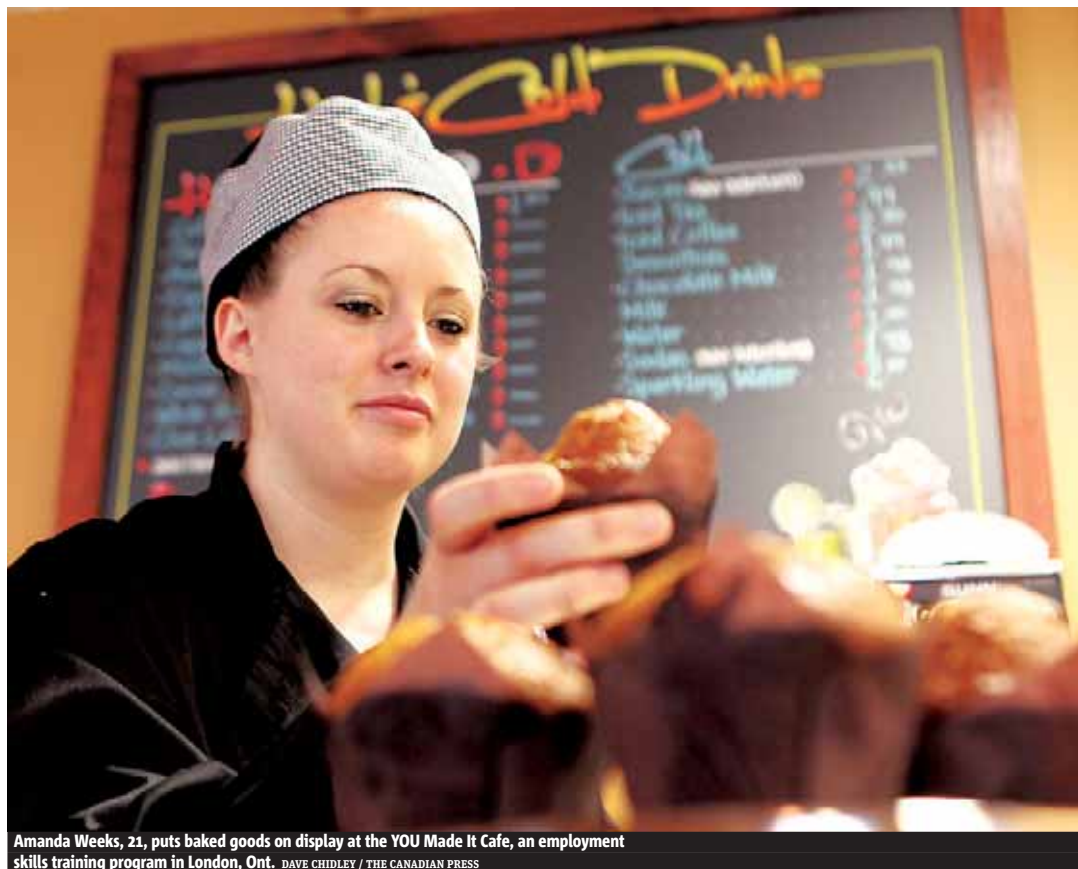
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Amanda Weeks, 21, puts baked goods on display at the YOU Made It Cafe, an employment skills training program in London, Ont. DAVE CHIDLEY / THE CANADIAN PRESS

Cooks who care.

At-risk youth learning how to prep and plate with help from mentors

From the outside, except for the slightly unusual name, you might not suspect there's anything special about the YOU Made It Cafe in downtown London, Ont. But for 16 young people a year, the café is a place of new, maybe even life-changing, beginnings.

The café is operated by Youth Opportunities Unlimited, an independent, non-profit social service agency that offers a comprehensive program of employment services to youth dealing with homelessness, unemployment and/or lack of education.

YOU generally serves young people 16 to 24, "but there's no hard and fast rule," says Christine Dirks, director of marketing and communications. They may be referred by other agencies, but word of mouth among youth is the most common way they find YOU. In all its programs, the organization serves at least 3,600 individuals a year, but

Life preserver

- As a group, besides serving café customers, they make about 3,000 jars of jams, jellies, spreads, salsas, relishes, chutneys and barbecue sauces a year, which are sold at the café, at a Covent Garden Market kiosk in London and at special events. The products are also wholesaled locally to a high-end grocery store.
- This part of the program has been running since 2004 and, before the café opened, operated out of church kitchens.

that could translate into upwinds of 40,000 contacts

Inside the café, two large blackboards list the full breakfast, lunch and beverage menus (it's not open for dinner) and a third promotes the day's soup and salad specials. Selections run the gamut from pizza and burgers to gourmet sandwiches and pasta dishes, all made from scratch. Eclectic art decorates the walls and there is a bank of coffee makers

Serving up success

"A huge part of what we're training them in is employability skills — how to be punctual, how to be reliable and why, what employers expect."

Lois Holden
Manager of enterprise services for YOU

and urns.

But the real action happens back in the kitchen, says Lois Holden, manager of enterprise services for YOU. There, under the tutelage and mentorship of executive chef Ricardo Cavaco, and four part-time staffers, four new trainees every 13 weeks learn how to slice and dice. They learn how to read a recipe, food preparation techniques, how to assemble a dish and sometimes how to cook. At the front of the house, they learn about customer service, how to run the cash register and make fancy coffees.

The café's also under contract to supply 1,200 to 1,300 meals a week to Meals on Wheels and have two other much smaller meal-supply

contracts. Last week they held their main annual fundraiser, a breakfast for 650 at the London Convention Centre.

"The kitchen is always busy," says Holden.

Involvement with YOU is strictly voluntary. The trainees have to apply for their paying jobs and, before they begin, they must get certified in safe food handling.

But the training is about much more than just food, she says.

"A huge part of what we're training them in is employability skills — how to be punctual, how to be reliable and why, what employers expect."

They work 30 hours a week at the café, but additional time may be spent learning how to write a resumé, do a job search and develop interview skills. Employees may also take general educational development (GED) classes conducted by YOU toward a high-school equivalency certificate.

In return, part of YOU's mandate is to help trainee graduates get jobs in the private sector. Their success rate is more than 80 per cent, Holden says proudly.

THE CANADIAN PRESS

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THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Alex Levy
City: Toronto
Age: 26
Occupation: CEO and lead designer of MyVoice

A book on robots changed Alex Levy's life when he was nine years old. Seventeen years later, he's changing the world with an application developed for iDevices that is allowing people with speech difficulties to communicate with ease.

Alex had just started a new job at the University of Toronto science department when a man with extreme speech difficulties asked Alex if he could help him.

Within two weeks Levy designed the app that has not only changed the man's life but has given others afflicted with speech problems due to stroke, autism and cerebral palsy a new way to communicate.

I knew I was on my way when...

We kept going to conferences and people saw us demonstrate the app. They all wanted to buy it so I went



Alex Levy's invention is revolutionizing the way in which people with speech challenges can communicate. PROVIDED

to my professor. He said, "Why not take four or five years of your life and make it a product?" That was two years ago and it became the

inception of MyVoice, the company.

We have two devices on the market right now helping people from two years of

age and up.

We had one woman call us in tears because for the first time in her daughter's life she was able to say, "I

love you, Mom."

She was so moved she had to call and thank us. We were all crying in the office too.

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Action Plan

Clarity of vision

Be crystal clear on what you want to accomplish and be able to verbalize it properly so people will grasp and understand what you're saying.

Pin down the difference you want to make in the world and then go for it with a maximum amount of intensity.

Don't spread yourself too thin and take on too many challenges

It's better to be the absolute best at what is important to you than do an average job at 20 different things.

Innovate and advocate

If you're doing something that is really innovative you need to be a salesperson and an advocate of your technology.

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NBA's best take flight in Houston

Miami Heat forward Chris Bosh, left, of Team East defends Oklahoma City Thunder forward Kevin Durant of Team West during the NBA all-star game on Sunday night in Houston. In a weekend filled with the NBA's greatest players, Michael Jordan, who turned 50 on Sunday, was the topic no one could stop talking about. Though he hasn't played since the 2002-03 season, Jordan's influence still permeates the league and its players. "Every kid that wanted to play basketball ... you tried to emulate Michael Jordan," Heat star Dwyane Wade said. "That's why there will never be another one of him. He the first of his kind. Everything he did was groundbreaking." Jordan was in Houston over the weekend, and celebrated his birthday early with a private bash on Friday. Go to metronews.ca for more coverage and results from Sunday's game. RONALD MARTINEZ/GETTY IMAGES

Trade bluster nothing new for Leafs' Bozak

NHL. De facto No. 1 centre tunes out rumours while steadily increasing production

Tyler Bozak is wise enough to know not to take personally constant rumours he's going to be traded.

In other words, he understands that to be Leaf is to be part of the incessant rumblings from its fan base that some other player on some other team should be here instead of you.

"It's Toronto," Bozak says with a wide grin. "I've been part of trade rumours since the day I got here. Everyone in here has been part of trade rumours this year, last year, during the lock-out. It comes with playing here. I'm happy here. Hopefully, I'll be able to stay."

The talk this year concerning Bozak has been louder than in the past, in part because the 26-year-old will be an unrestricted free agent this summer and looking for a raise from \$1.5 million US.

Should he be traded for Canucks goalie Roberto Luongo?

That was the speculation through the lockout, speculation that has died down with the Leafs' netminding currently the least of the team's worries.



Leafs centre Tyler Bozak waits for a faceoff during a game against the Carolina Hurricanes at Air Canada Centre on Feb. 4. Bozak sits third overall in the NHL in total faceoffs (332) and faceoff wins (190). CLAUS ANDERSEN/GETTY IMAGES

Maybe Bozak should be traded for Ryan O'Reilly, Colorado's hot-shot holdout who — the argument goes — could well be the first-line centre Toronto has lacked since Mats Sundin left.

Thanks to good chemistry with Phil Kessel, Bozak has

been the team's No. 1 centre for the past three seasons. He's held off challenges from Mikhail Grabovski, Tim Connolly and Matthew Lombardi, all of whom auditioned in the starring role.

Bozak's not big enough, say some. Not offensive enough,

Quoted

"What we're trying to do is put people in a position where they can have success. Right now, he's been a workhorse for us."

Head coach Randy Carlyle on Tyler Bozak, who leads all Toronto forwards in total ice time this season

say others. Not defensive enough some claim.

Not worried, says head coach Randy Carlyle.

"I think there's always a question kind of pointed in his direction: Is he this or is he that? It's you guys (the media) that are doing it," said Carlyle. "It's not us, as far as the coaching staff."

Well, not just the media actually. Leaf brass have fretted privately for years that Bozak is more of a checker than scorer, miscast on the No. 1 line, but have marvelled at his ability to punch above his weight at the position.

Bozak had 47 points in 73 games last season, not No. 1 centre numbers but a career-year nonetheless. Not bad for a third-year player who continues to increase his point production. So far this year, Bozak has five goals and five assists in 15 games.

TORSTAR NEWS SERVICE

NBA

Raps eyeing 2016 all-star bid: Sources

The process of staging the NBA's all-star weekend is elaborate and time-consuming and it's impossible for things to happen without a huge amount of lead time.

Three years, in the case of Toronto.

According to several sources, Maple Leaf Sports and the Raptors have already begun the process of submitting an official bid to host the 2016 all-star game to commemorate the 20th anniversary of the franchise and to bring one of the league's most popular events to an international venue for the first time ever. TORSTAR NEWS SERVICE

NBA



"This is honestly my first really big dunk contest, so I was nervous."

Toronto Raptors rookie Terrence Ross, who won the NBA all-star dunk contest on Saturday night in Houston.

NASCAR

Patrick blazes path at Daytona

Danica Patrick has made history before — as a woman and a racer.

The spotlight is nothing new. But it has never been this bright before.

Patrick won the Daytona 500 pole Sunday, becoming the first woman to secure the top spot for any race in NASCAR's premier circuit. It's by far the biggest achievement of her stock-car career.

"I was brought up to be the fastest driver, not the fastest girl," she said. "That was instilled in me from very young, from the beginning."

Her latest stamp in the history books came with a lap at 196.434 mph around Daytona International Speedway. Patrick went out eighth in the qualifying session, then had to wait about two hours as 37 fellow drivers tried to take her spot.

THE ASSOCIATED PRESS



Danica Patrick looks on during qualifying on Sunday in Daytona Beach, Fla. GETTY IMAGES

R.A. Dickey throwing fire at camp

MLB. New Jays pitcher has heavy hitters scratching their heads at spring training

Blue Jays knuckleballer R.A. Dickey likes feedback, and he got plenty of it from the batting cage Sunday as Toronto hitters faced live pitching for the first time this spring.

There were sighs, laughs, gasps and some wild swings as last year's National League Cy Young Award-winner worked his magic on a chilly, windy practice session.

"After you throw a good one, it does some funny things, so you get some good reactions," said the 38-year-old Dickey.

Spring training has just started, but the former New York Mets ace is already befuddling batters.

"I think most of the hitters will tell you, they were in there and halfway through their swing I think they were laughing," said pitching coach Pete Walker. "Because they just realized they had no chance today."

"They're just getting into the swing of things themselves as hitters, but he's got tremen-



Toronto Blue Jays starting pitcher R.A. Dickey smiles after pitching his first live batting practice during spring training in Dunedin, Fla., on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

dous stuff. That ball moves so much and late and he can pound the strike zone with his knuckleball."

The Jays divided their pitchers across several fields at the club's training complex Sunday in what promised to be a

one-sided exercise. At this stage of the pre-season, the pitchers have the edge as batters are only beginning to work on their timing.

"It didn't matter who you faced today, it was going to be tough," said first baseman/

designated hitter Adam Lind.

But those unlucky enough to find themselves on Dickey's field — like Lind — were definitely behind the eight-ball.

A pair of bodies stationed in the outfield to retrieve balls essentially remained glued to the

GM

"There were, I think, 68 guys in that room, only 25 are coming north, so it's more, 'Hey, this is what we expect in camp.'"

Blue Jays GM Alex Anthopoulos, who was among those who spoke to the players in camp on Sunday, with one-on-one meetings set for the days ahead to ensure everyone knows where they stand.

spot during Dickey's 40-pitch session.

Dickey had Brett Lawrie talking to himself at the plate as he tried to make sense of the knuckleball, not to mention Dickey's other pitches.

After working him over repeatedly with his 75 miles-per-hour knuckleball, Dickey threw a fastball past the Canadian.

"If a guy has tracked 10 or 11 knuckleballs in a row and then you throw a fastball in there, it's a whole different animal," Dickey said. "It looks a lot harder than it really is, so you can kind of play with the optical illusion from time to time."

The good news for Blue Jays fans is that there is more to come.

THE CANADIAN PRESS

MLB

Cooper out with injury, pitcher Brummett in

Toronto Blue Jays first baseman David Cooper won't be at spring training this year due to a serious back injury, the club announced Sunday.

Meanwhile, right-handed pitcher Tyson Brummett has been added to the big-league camp as a non-roster invitee, rather than reporting to the Jays' minor league camp.

Cooper is seeing specialists, hoping for help with a disk issue.

"It's going to be longer than we were hoping," said manager John Gibbons. "So that's bad news."

Cooper split last season between Toronto and triple-A Las Vegas. He hit .300 with four homers and 11 RBIs in 140 at-bats in 45 games with the Jays in 2012.

Brummett was claimed off waivers in October.

He went 26-47 with a 4.52 earned-run average over six minor league seasons in the Philadelphia system, with 83 starts and 194 appearances.

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Horoscopes

Aries

March 21 - April 20

The Sun's journey through the most sensitive area of your chart over the next few weeks could undermine your confidence a little. But only a little. As an Aries you are seldom down for long – and never out!

Taurus

April 21 - May 21

Don't sit at home watching the TV this week – get out into the world and make new friends. You are not as set in your ways as some people believe and now would be a good time to prove it.

Gemini

May 22 - June 21

This is an important week for you as the Sun moves into the career area of your chart. If you want to move up in the world now is the time to do something about it. Don't just think and plan – act!

Cancer

June 22 - July 23

There are no limits to what you can do but that does not mean you should try to do everything. If you focus on the two or three areas that mean most to you you'll astonish everyone by what you achieve.

Leo

July 24 - Aug. 23

You may not be happy with what happens over the next 24 hours but there are very good reasons why it is occurring. Maybe you should find out what they are. Your financial wellbeing may depend on it.

Virgo

Aug. 24 - Sept. 23

The Sun in your opposite sign as from today urges you to think of yourself, not as an individual, but as part of a team. Let partners and colleagues know you are ready and willing to move forward together.

Libra

Sept. 24 - Oct. 23

Why so much anxiety? The fact is you have precious little to be worried about and if you play your cards right this week you could move ahead in leaps and bounds on the work front. Plan your days well.

Scorpio

Oct. 24 - Nov. 22

Today's cosmic influences will help you cut loose from ties that no longer inspire you. Creative and artistic matters are also well starred: you could be close to the breakthrough you have been dreaming of.

Sagittarius

Nov. 23 - Dec. 21

The Sun in the emotional sign of Pisces could see you getting a bit touchy this coming week and you certainly won't be happy with the way a loved one talks to you. Don't overreact though – it's not important.

Capricorn

Dec. 22 - Jan. 20

If you push too hard or demand too much today you could make an enemy of someone who should really be a friend. The Sun's change of signs makes it easy for you to communicate, so ask nicely – don't insist.

Aquarius

Jan. 21 - Feb. 19

Try not to worry too much about money. The next few days could bring good news or bad as far as your finances are concerned but either way it's important that you keep things in perspective. Don't react excessively.

Pisces

Feb. 20 - March 20

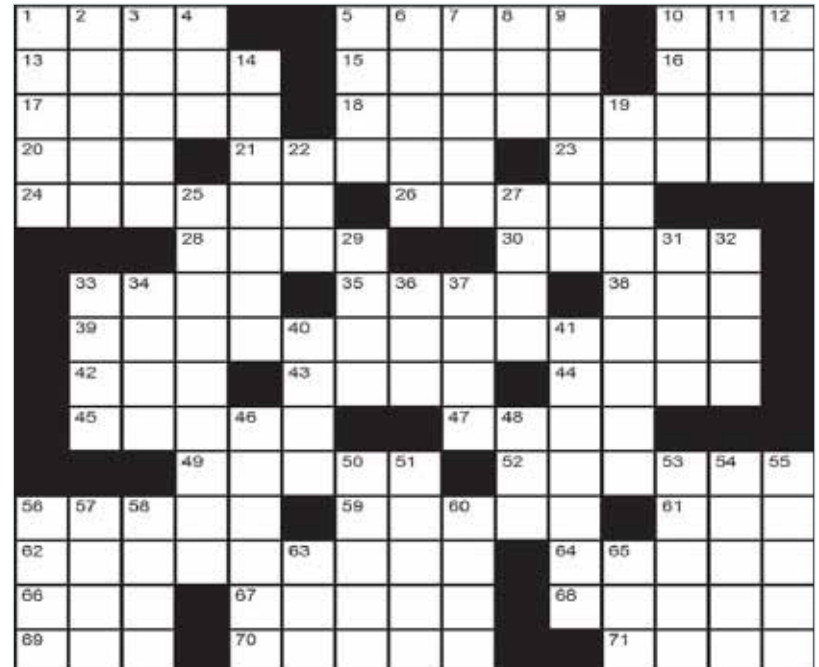
This is your time of year, so make the most of it. The Sun's entry into your sign today marks the start of a four week phase when you can and you must believe you are destined to succeed. You are!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

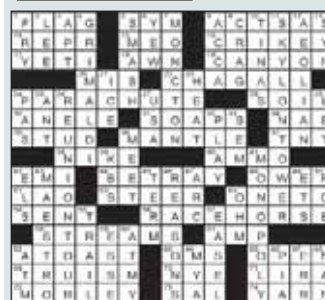
1. ___ shirt (Casual top)
 5. Ca and Fe, e.g., in chemistry class
 10. Juno-winning artist whose new double album is 'Black on Blonde'
 13. Toronto-born actor Stephen Amell's adventure series airing on CTV
 15. Challenger
 16. Lennon's love
 17. Egypt's capital
 18. Oscar-winning movie Russell Crowe starred in
 20. Costa Rica's ___ Peninsula
 21. CTV's "W5" host Mr. Robertson
 23. Inclined
 24. "Take care of yourself." 2 wds.
 26. Smooth transition
 28. Cake's frosting-applier
 30. Bright fishies
 33. Beige
 35. Map's right direction
 38. Corp. leader
 39. This hit show's theme song is by the Barenaked Ladies, "The ___"
 42. Water: French
 43. Legend
 44. Those in charge, e.g.
 45. Disturbs
 47. Stack
 49. Workshop items
 52. People of the Nass River in BC
 56. Mr. Schindler (Liam Neeson role in 1993)
 59. Surpass
 61. Tear
 62. Official residence in Ottawa of the Leader of the Opposition
 64. Actress Ms. Birch
 66. Race unit
 67. Student: French
 68. Shock weapon
 69. Sounds of dismay
 70. Shopping ___
 71. "Hey, there..."
- Down**
1. Taylor's 'Twilight' flicks character



2. Delete
3. Solo songs
4. And not
5. Therefore
6. Namesakes of Herman Munster's wife
7. Avoid
8. Angry
9. Make a mistake: 2 wds.
10. Stringed instrument of Japan
11. "___, you noblest English." - Shakespeare
12. Hurting
13. Pack's furry new arrival: 2 wds.
19. (416), and others: 2 wds.
22. Cake make, Sara ___
25. Rock fan's fake-playing instrument: 2 wds.
27. Dressed-in-black rock look
29. Nevada gambling town
31. Man's title in Germany
32. Some beans [var. sp]
33. Celebrity hairstylist Jose
34. "Bye!"
36. Farming, for short
37. Dance move
40. As well
41. Prime Minister Pierre ___ Trudeau
46. SNL's Canadian creator Mr.

- Michaels, and others
48. Non-affiliated politician, for short
50. Bring down
51. Sophisticated
53. Canadian actor Paul
54. Buenos ___, Argentina
55. Separated
56. Norway's capital
57. Remain
58. Keystone officers in old comedies
60. Chinook salmon
63. "Naveed" rock gr.
65. Occurrence, poetically

Friday's Crossword

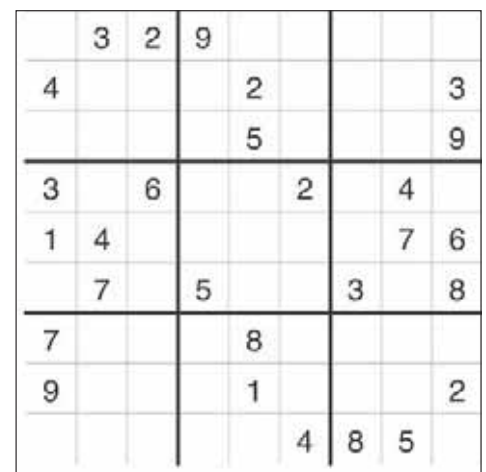


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today -2°/-4° Partly sunny

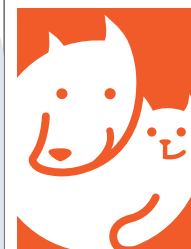
Tuesday 3°/-11° Rain and snow 90%

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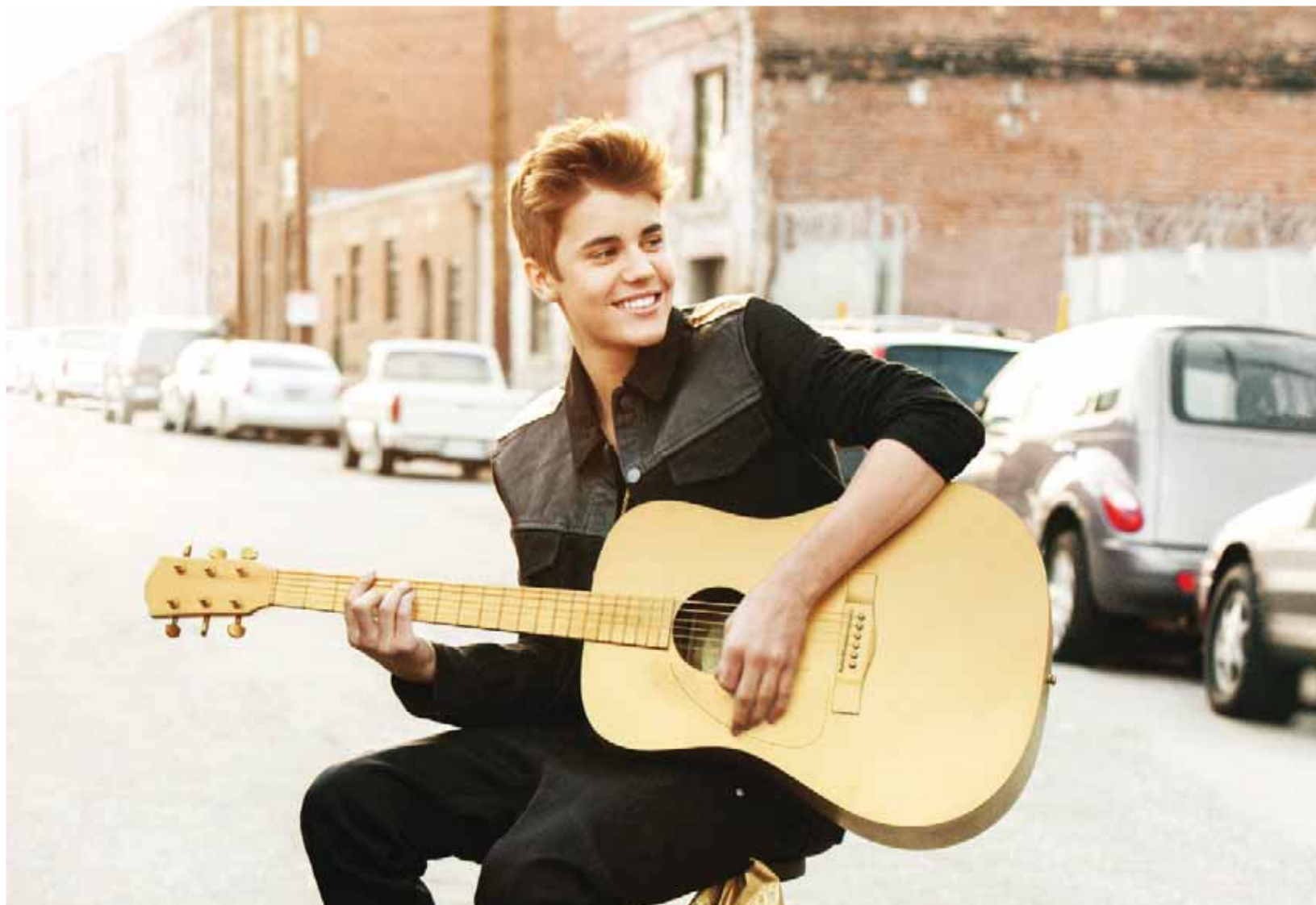
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